

# THE CAMPUS INFORMER

Thursday, November 19th

## LEC and TriHealth Seniority Present:

### “Growing Up Under the Swastika”

11:00am- The Gulden Community Center

Join us as we welcome LEC family member, Sonja Stratman. She is currently a Twin Lakes resident and her mother lived at Twin Towers. She will be sharing her story of growing up in Germany during the Nazi rule. Sonja is a wonderful storyteller. Don't miss this!

*She was in first grade the year Adolf Hitler assumed power. For most of her life, Mrs. Stratman scarcely spoke of her youth under the Nazi regime, but in 2004 she began a therapeutic journey of revisiting the memories of a horrific time in history.*

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## Christmas Boutique and Bake Sale

Friday, November 6th - 11:30am- 3:30pm

Saturday, November 7th- 10:30am- 1:30pm

**The Gulden Community Center**

## Save The Date!!

Holiday Open House: 1:00-3:00pm

Saturday, December 12th

**Join us for a fun filled holiday celebration!**

V q d c e e q " H t g g "

**Core Values**  
Respect ~ Innovation  
Spirituality ~ Excellence



Twin Towers Senior Living Community



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### "Caring Choices, Caring Conversations"

Twin Towers is introducing a new service for residents and families called **Advance Care Planning**.

What is Advance Care Planning? It involves three steps:

- a) Thinking about what medical treatments you would or would not want in the future.
- b) Documenting these care preferences through advance directives.
- c) Having conversations with your family about your wishes.

If done properly, Advance Care Planning can relieve your family or caregiver of the stress of trying to make decisions about your care in a crisis situation. Filling out the forms is easy the more difficult part is having the conversation with your loved ones. We're here to help!

Twin Towers now has a team of associates who are trained as facilitators in Advance Care Planning. The team is offering a workshop called **"Caring Choices, Caring Conversations"** for residents and families/caregivers **November 19 from 2:30 to 3:30 p.m.** and again **from 6:30 to 7:30 p.m.** Come and meet team members, learn more about Advance Care Planning and how to talk with your loved ones about your values, hopes, and care preferences. Please **RSVP to Jennifer Warren** in Pastoral Care at **ext.2005** by November 16, and let her know if family members or caregivers will be coming also.

## Wednesday, November 4

The Gulden Community Center

6:20pm Singspiration

6:30pm Program

**Shriners Hospital of Cincinnati and Burn Institute**

Speaker: Cliff Fullman



Shriners Hospital has been helping children since 1922. Today the hospital specializes in orthopedic cases and burn medical care. They are actively engaged in clinical research to improve the lives of children in need of their care. Everyone is welcome!!

## LIBRARY

### November

"The days dwindle down to a precious few  
Keep up with the Holiday suggestions and events by selecting  
the following magazines in the Paperback Book room:

" Better Homes and Gardens "

" Women's Day "

" Family Circle "

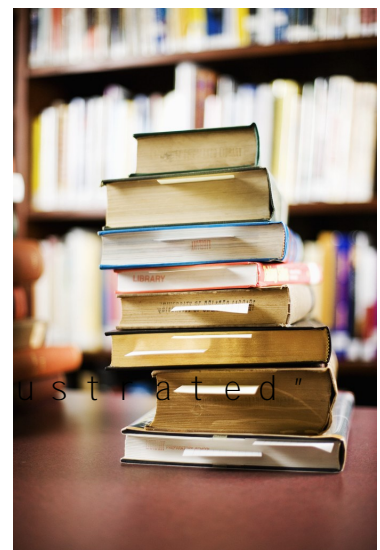
" Reminisce "

" Birds and Blooms "

Keep in touch with World News and Sports

" Forbe"s "The New Yorker "Time "

" The Week "Cincinnati "Sports Illustrated "



**Also, don't forget to vote  
Tuesday, November 3rd in the Art Gallery**

Have a Great Thanksgiving!



## Cinderella

**Friday, November 13 - 6:30pm - The Gulden Community Center**

In this liveaction retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face with the prince of her dreams.

**2015**

**Run Time: 1 hour 50 min**

**Rated: PG**

**Family/Drama/Fantasy**

**Stars: Lily James, Cate Blanchett,  
Holliday Grainger**

## Mr. Holmes

**Friday, November 20 - 6:30pm - The Gulden Community Center**

Long retired to a country farmhouse, 93-year-old Sherlock Holmes tends his apiary and reflects on his remarkable career. But the legendary sleuth, whose mental powers are fading, remains haunted by the unsolved case that caused him to call it quits.

**2015**

**Run Time: 1 hour 50 min**

**Rated: PG**

**Drama/Crime/Mystery**

**Stars: Milo Parker, David Foxe, Nicholas Rowe**

## Max

**Saturday, November 21 - 1:00pm - The Gulden Community Center**

In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death.

**2015**

**Run Time: 1 hour 47 min**

**Rated: PG**

**Family/Adventure**

**Stars: Lauren Graham, Joseph Julian Soria,  
Josh Wiggins**



**Please contact Tina Spicer x2086 with any  
movie suggestions!**



# EVENTS & PROGRAMS

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Monday, November 2

## The Sociables

6:30pm- The Gulden Community Center

The amazing trio with the big band sound is known as the Twin Towers favorite! Be sure to arrive early for a great seat and song requests!



Wednesday, November 4

## Mike Connelly, Did You Know?

3:00pm- The Parkview Room

Join Mike Connelly for his program on current events, coupled with a blend of historical and little known facts.



Monday, November 9

## International Folk Dancers

7:00pm- The Gulden Community Center



This dance group takes you on a journey around the world through movement, music, and costume. Part entertainment and part education you will NOT want to miss this fun group

Tuesday, November 10 and 25

## Watercolor Painting:

### The Difficult Made Easy

6:00pm- The Art Studio

Beginners, learn the basic techniques of making a watercolor painting. Explore how art is made step by step. Learn about the variety of ways you can put watercolor paint to paper to achieve the effects you want. Watercolor painting can be intimidating. That's why we start out with simple subjects. Use the various brush handling skills that can inspire you. Instructor: Howard Krauss teaches watercolor classes at a variety of locations including internationally.



### Registration:

Contact Tina x2086

Wednesday, November 11

## "Artists-in-Residence"

### Veterans Day Celebration

6:30pm- The Gulden Community Center

You and your family are invited to share the evening of Jazz, Standards and Patriotic Songs featuring the Gulden Art Ensemble. Alyssa Griffith and Annie Baro

Saturday, November 14

## All Campus Bingo Party

1:00pm- The Gulden Community Center (C-side)

Everyone loves a good game of Bingo. All residents are encouraged to attend!





Monday, November 16

## Presentation by The Taft Museum

### “Daubigny, Monet, Van Gogh: Impressions of Landscape”

3:00pm- The Gulden Community Center

The Taft Museum of Art is excited to introduce Van Gogh: Impressions of Landscape. The groundbreaking exhibition re-examines the origins of Impressionism by introducing a relatively overlooked artist, Charles Francois Daubigny. The preview presentations will discuss Daubigny's influence on Impressionist artists and practices, highlighting masterpieces from the exhibition.



MUSEUM OF ART  
Cincinnati's Home for Art



Tuesday, November 17

### Cincinnati Heritage Program “Radio Waves”

1:30pm- The Gulden Community Center  
Join us for a presentation by The Cincinnati Speakers Bureau Broadcast. Radio changed the country and the world forever. It was the first mass media where millions of people experienced the same events simultaneously. Radio Waves brings back memories of Cincinnati's innovative powerhouse WLW, The Nation's Station, other fine stations, programs, and talented performers that entertained and informed generations of listeners.



Monday, November 16

### Reflections Duo

6:30pm- The Gulden Community Center

Reflections Duo is a piano and standup bass professional musical pairing that delights audiences playing jazz standards, show tunes and popular song melodies from 1920's to 1970's in a jazz style. They can be heard regularly at Pappadeaux Seafood Kitchen in Springdale on Sundays and Bethesda North Hospital main lobby on Wednesday evenings. They take requests with the goal of pleasing their listeners each performance. Bring the words to your favorite songs if you would like to sing along with the band or just sit back, relax and experience this enjoyable musical event.

Monday, November 23

### Mike's Well Seasoned Trio Band

6:30pm- The Gulden Community Center

A three piece musical group consisting of piano, saxophone, drums and vocals. We play and sing a variety of great standard listening and dance music such as All Of Me, Wonderful World, Girl From Ipanema, and Can't Help Falling In Love. Come sing along and join the fun!

Saturday, November 28

### All Campus Bingo

1:00pm- The Gulden Community Center (A-side)

Everyone loves a good game of Bingo. All residents are encouraged to attend!



\*\* NEW Reservation Line Number \*\*

## Events and Programs Reservation Line: **x2389**

F Y g Y f j U h ] c b g N ' November 1st at 7:00am! h ] b [

**Residents can make reservations for TWO preferred outings, and then will be put on the waiting list for other outings of choice. If an outing has not been filled, they will then move up from the waiting list and on to the trip/outing.**

Tuesday, November 3

### **The Robinson Family Kentucky Jamboree in Carrollton Kentucky**

10:30am- Pick Ups Begin **Cost:** Ticket Price for dinner and show is \$34.00

The Robinson Family would like to welcome you to the Kentucky Jamboree. When you come to the Kentucky Jamboree, be certain to come hungry. The family serves up great home cooked meals using their families special recipes and then takes to the stage to deliver a heart warming family show you won't soon forget

Thursday, November 12

### **America's Packard Museum in Dayton Ohio and Lunch at Red Robin**

10:30am- Pick Ups Begin **Cost:** Museum Ticket \$5.00

Menu Price ranges from \$7.50 and up



Our first stop will be a delicious lunch at Red Robins before enjoying a trip to Dayton, Ohio. America's Packard museum, is the world's only restored Packard Dealership operating as a museum, and only the museum dedicated exclusively to the Packard Motor Car Company, its products and philosophies. Even if you're not an avid old car addict, you'll love this place! Great selection of old autos in an original old auto showroom.

Thursday, November 19

### **Lunch Outing to Firehouse Grill**

10:30am- Pick Ups Begin **Cost:** Menu Price ranges from \$7.99 and up

The Firehouse Grill began with a spark by Blue Ash resident and former firefighter Bob Davis to revive memories of good times and good food.

# EVENTS & PROGRAMS - OUTINGS

Tuesday, November 24

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## **The Dayton Art Institute - American Sampler: Grandma Moses and the Handicraft Tradition and Lunch at The Leo Bistro**

10:00am- Pick Ups Begin **Cost:** Museum Ticket \$11.00, Menu Price ranges from \$7.99 and up

Anna Mary Robertson Moses (1860-1961), better known as Grandma Moses, was an accomplished seamstress who did not begin painting until she was 78, after arthritis made it difficult to embroider. In the remaining 23 years she became one of the most recognized and successful folk artists, drawing on the rich tradition of handiwork that played such a major role in her life. Moses also "sampled" various styles of popular culture prints such as Currier and Ives, as well as topographical and birds-eye view landscapes, all of which served to inform her visual vocabulary. This exhibition is the first of its kind to explore her painting with her handicraft and other types of handiwork. Featuring more than 45 paintings, embroideries, quilts, popular prints and a recreation of her studio by Luken Interiors, this exhibition is sure to be of interest to young and old.

- ⋄ **Please leave a message with your reservation if you get the voicemail. Reservations will be accepted in the order in which they were received.**
- ⋄ **Please call Tina Spicer at x2086 for additional information.**
- ⋄ **A transportation fee of \$5.00 applies for all outings. Limited seating available. A cancellation fee will apply.**

## FOR YOUR INFORMATION

### **Macular Degeneration/Low Vision Group**

Tuesday, November 24

1:30-2:00pm- Hader Room

- ⋄ A reminder that new green placemats are now available at the entrance to the Main Dining Room. Please pick up one and use it at your place to provide you with a better contrast with your dinner plate. Any resident may use these lovely placemats.
- ⋄ A new lighted magnifier is now in the library for anyone to use. The magnifier is to be kept in the library at all times. Thanks for your help!

### **Twin Towers Auxiliary: Gifts & More**

The Gift Shop will have boxed Christmas cards in November and beautiful live Christmas poinsettias in two sizes after December 1st. Stop in anytime for cards, stamps, personal items, ice cream novelties, wonderful gift ideas and 2016 calendars.

Our helpful volunteer workers are always ready to assist with your shopping needs.

**Support Gifts & More! (all profits support Twin Towers)**



# NOVEMBER CALENDAR

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**Remember: 9:00am Daily Announcement and Inspiration on Channel 1852**

# NOVEMBER CALENDAR

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**Remember: 9:00am Daily Announcement and Inspiration on Channel 1852**

## THE CONNECTION

### Boyce Bicycles Bucket List

" I came up with a bucket list a while back and Bike Adventure (GOBA) with a friend. Despite intentional efforts to push my thoughts and will to override what my body was telling me, three months before the ride I hit the panic button! I work a full time job plus a part time job and I knew I was going to need some help if I expected to cross GOBA off my bucket list.

I reached out to Wellness Specialist, Matt Carrigan at The Connection, whom I knew was also a personal trainer. He wrote an exercise program for me and gave me some pointers that got me ready! Training included aqua aerobics, weight lifting, and of course actual bike riding.

I began my journey on Saturday June 20, 2015 in the soggy fairgrounds of Van Wert, Ohio. Some locals told me how much rain they had been getting which led me to the decision to set up my tent for the night. I stared at the moon before falling asleep, but unfortunately I was woken up by a thunder storm.

Most days consisted of the following: we started riding around 6:00am until about 3:00pm, with three food breaks. Food and encouragement was provided by scout, school, or church groups. The support for all the bike riders was incredible! Each day brought new scenery and activities.

Wednesday evening found me in a quiet spot on the beautiful Defiance College campus to sit down and do some writing. Later in the week, some riders that were musicians played for us at the campgrounds. On the last evening in Ottawa, I was swing dancing and somehow learned a Jewish Folk dance!

In retrospect, it was a refreshing change to get a moment to quietly watch the moon rise, write letters, get a little sunburnt, have sore muscles, and check one more thing off my bucket list. "

~ Judith Ann Boyce: 255 miles ridden on my bicycle in Northwestern Ohio.

Living is Learning Presents:  
**Hospice**



**Fridays, 1 pm**  
**Nov 6th– Dec 4th**  
**(NO CLASS NOV 27th)**  
**The Hader Room**  
**Cost: Free**

**Nov 6th: Conversation of a Lifetime – Teaches you how to have those difficult conversations with loved ones.**

**Nov 13th: What does it Mean When my Doctor Mentions Hospice? - Find out about the many myths of hospice.**

**Nov 20th: The Many Faces of Grief - Find out how grief effects everyone differently.**

**Dec 4th: Volunteering for Hospice - An Uplifting Experience - Listen to volunteers experiences.**

*Please Call The Connection x4100 to Register!*



## Movement Opportunities - Aquatic

Liquid Essence - This is a no impact, 40 minute cardio-respiratory workout with an emphasis on core strength, followed by a 5 minute cool down stretch. *Advanced Level, Low Moderate Intensity. Class Length: 45 min* **Monday, Wednesday - 9:00am**

Aqua-Pilates - This is a low impact class emphasizing strengthening and stretching movements that require precise breathing and muscle control. Aquapilates helps develop trunk stabilization, enhance muscle strength, improve posture, and relieve stress. *Medium Level, Low Moderate Intensity. Class Length: 45 min* **Friday - 8:45am**

Aqua Level 1 - This water class uses a variety of exercises that will increase range of motion, flexibility, and manage pain. This class is ideal for people with arthritis, fibromyalgia, or recovering from injury. *Beginner Level, Low Intensity. Class Length: 45 min* **Tuesday, Thursday - 10:30am**

Aqua Level 2 - This water class is for those who want to move to the next level. This class increases intensity and adds impact. This energizing class combines cardio-respiratory training, flexibility and strength training. This class introduces resistance equipment to the pool. A great way to prepare for the Level 3 class. *Medium Level, Moderate Intensity. Class Length 45 min.* **Monday, Wednesday, Friday - 11:00am**

Aqua Level 3 - For our more advanced exercisers, this class increases the intensity to another level. It will incorporate more complex movement patterns, and challenge your cardio-respiratory fitness. This class will utilize resistance equipment for a longer period of time amplifying the focus on strength training. *Advanced Level, High Intensity. Class Length 45min* **Monday, Tuesday, Wednesday, Thursday, Friday - 4:00pm Saturday - 9:30am**

## Movement Opportunities - Land

Energize Your Life: Muscles in Motion - An overall movement class perfect for all ability levels. Whether you are just starting out or need an energy boost for your afternoon this class is for you! This class incorporates hand held dumbbells (free weights) to challenge and strengthen and your muscles. *Beginner-Intensity* **Monday - 2:00pm (4th Floor Assisted Living)**

Super Seniors - This is a group exercise program designed for individuals 50 and over. We will focus on building strength, increasing flexibility, improving balance, and maintaining proper spinal alignment. *Low Intensity* **Tuesday & Thursday - 9:30am (Hader Room)**

Tranquil Motion - Tai Chi movements that emphasize the importance of weight transference, which helps to improve balance and prevent falls. Tai Chi facilitates the flow of qi (pronounce as chee) through the body, a life energy that circulates throughout the body, performing many functions to maintain good physical and intellectual wellness. Wheelchairs welcome! *Low Intensity* **Monday & Wednesday - 3:00pm (Hader Room)**

Your Yoga: Join us for a beginner needs. Classes will rotate each month between *Chair Yoga* and *Aquatic Yoga*. Whether you like the ease of sitting in a chair or the gentleness but challenge of the water, each class will focus on mobility, flexibility, strength and a healthy mind. This class is perfect for those with limited range of motion as both options provide added support. *Beginner Intensity* **Thursdays - 1:30pm (Chair Yoga-Hader Room on even months) (Aquatic Yoga-Aquatic Area on odd months)**